

Muscle Strengthening at the Gym (Arm Extension)

(Dave Patania)

The arm extension specifically works your triceps.

Adjust the back pad so that you are leaning up against the chest pad.

Grasp the handles with your palms facing each other and your arms parallel to each other, while resting the backs of your arms on the chest pad.

Make sure your back is straight and without letting your arms leave the chest pad, exhale and push the handles away from you. Inhale as you slowly return to your starting position.

This is a great way to increase strength and form in your triceps.